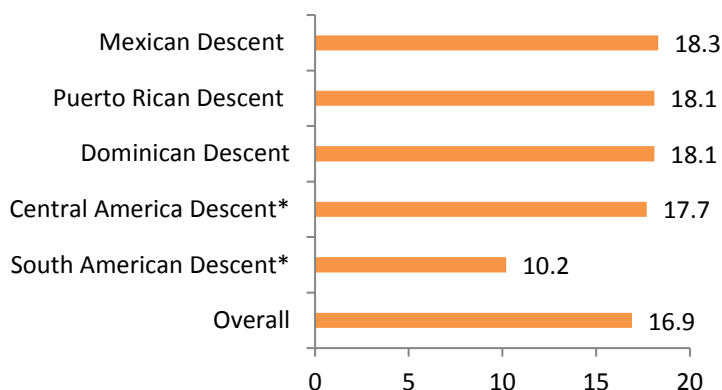




What is Diabetes?

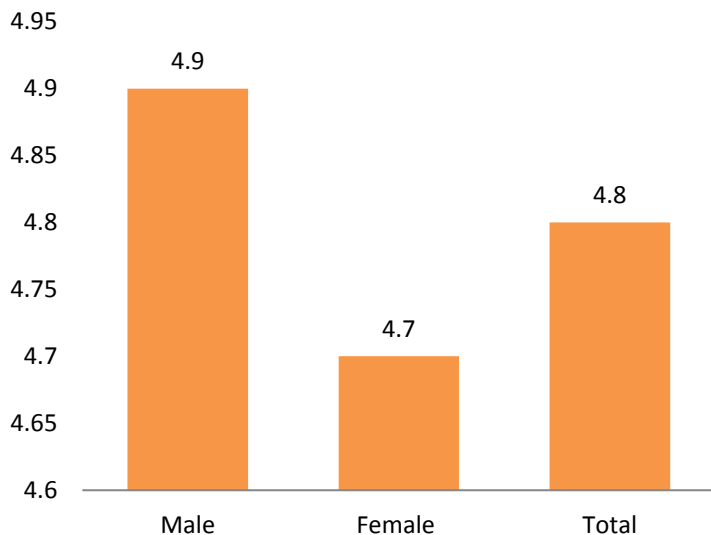
- When you have diabetes, your body has a hard time keeping your blood sugars (blood glucose) at the normal level.
- This can happen when your pancreas does not make enough insulin.
- Diabetes can also occur when your body does not use insulin very well.

Figure 1. Diabetes prevalence US born Latinos by descent.



Source: The Hispanic Community Health Study/Study of Latinos (HCHS/SOL)
*Based on US Census Data

Figure 2: Percent of diabetes in Latinos by gender in Indiana, 2014



Source: Indiana State Department of Health. (2014). Behavioral Risk Factor Surveillance System.

Diabetes among Latinos in the U.S.

Latinos are the fastest-growing and youngest minority group in the United States. Nationally, Latinos are more likely to have complications due to diabetes as compared to non-Hispanic whites.³

- 12.8% of Latinos in the United States have been diagnosed with diabetes.
- Latino people are 70% more likely than non-Latino whites to be diagnosed with diabetes by a healthcare provider.⁵
- Depending on your family's country of origin, you may be at higher risk of developing type 2 diabetes. (Figure 1)
- Latinos are 1.6 times more likely to have end-stage kidney disease than non-Latino whites.³

Diabetes among Latinos in Indiana

In 2014, 6.6% or approximately 436,899 of Indiana residents identified as Hispanic/Latino.⁶

- In Indiana, 4.8% of Latino people have been told they have diabetes by a healthcare provider.
- Diabetes is the 5th leading cause of death for Latino people in Indiana.¹
- Latino males have a higher rate of diabetes than Latina females in Indiana. (Figure 2)



DIABETES AND LATINOS

Risk factors for type 2 diabetes

- [Prediabetes](#)
- A parent or sibling with diabetes
- Physical inactivity
- Being overweight or obese
- Women with polycystic ovarian syndrome
- History of low HDL cholesterol, high triglycerides, or high blood pressure
- Fat storage in the belly
- Smoking
- Some medications prescribed for other conditions increase the risk for insulin resistance, which may lead to diabetes.

TAKE ACTION: Steps you can take to prevent or manage diabetes

- ▣ Manage your diabetes with guidance from your health care provider.
- ▣ Maintain a healthy [blood pressure](#).
- ▣ Maintain a healthy [cholesterol](#) level.
- ▣ Be [tobacco free](#).
- ▣ Maintain a [healthy weight](#).
- ▣ Eat a healthy [diet](#).
- ▣ Participate in regular [physical activity](#).
- ▣ Monitor any changes in health status when being treated or taking medications for other conditions.

Community resources

- ▣ For a listing of diabetes programs by county, visit the [Indiana Diabetes Education and Support Program Directory](#).
- ▣ [Diabetes Prevention Program \(DPP\)](#): a program that aids in prevention of type 2 diabetes for individuals who are at risk of diabetes.
- ▣ [Indiana's Community Health Centers](#): these local consumer-driven, primary health care services by state licensed professionals which are comprehensive in scope and coordinated within the community.
- ▣ For mental health services, visit the [Community Mental Health Services Locator](#).
- ▣ [Million Hearts](#): a national initiative to prevent one million hearts attacks and stroke over five years.
- ▣ [WISEWOMAN](#): (Well-Integrated Screening and Evaluation for Women Across the Nation Program). WISEWOMAN provides cardiovascular screening to women ages 40-64 who are participants in the Indiana Breast and Cervical Cancer Program (IN-BCCP)
- ▣ [Indiana Tobacco Quitline](#): a free phone-based service to help Indiana smokers quit. For support call: 800-Quit-Now (800-784-8669)

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